

Panhandle Public Health Department Summary

Counties	Average age	Education	Race / Ethnicity		
Box Butte, Banner, Dawes, Cheyenne, Garden, Kimball, Deuel, Morril, Sioux, Sheridan, Scotts Bluff	38.6 years	H.S Grad / GED or Higher	83.4%	White, non- Hispanic	86.6% (78,280)
Total population	Median income	College Grad	17.6%	Minority	13.4% (12,130)
90,410	\$32,553				

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In the Panhandle, the proportion of the overall population that drank alcohol in the past 30 days was significantly lower than the Nebraska rate. However, the average distances from home to the closest emergency room and from home to the emergency room at which respondents preferred to receive care were significantly longer than the averages for the state.
- Among women in the Panhandle, rates for three indicators were significantly better than for women statewide. They were less likely to have ever had asthma or consumed alcohol in the past month. They also averaged fewer times per week when they ate restaurant or fast food.
- On the other hand, rates for women for four indicators were significantly worse in the Panhandle than for women in Nebraska overall. Smaller proportions of Panhandle women had their cholesterol tested in the last five years or consumed dairy products as frequently as recommended. Women in this area were also less likely to identify heart disease as the leading health problem or as the leading cause of death for women.
- No significant differences were noted for men.

Health-Related Quality of Life

- Among adults in the Panhandle, 21.1% considered their general health “fair” or “poor.”
- Panhandle adults rated their physical health as “not good” an average of 4.7 days in the past month. Respondents averaged 3.5 days in the past month when mental health was “not good.”
- Poor physical or mental health prevented Panhandle adults from participating in their usual activities an average of 5.5 days in the past 30 days.

Health Care Access

- About one-fifth of Panhandle residents aged 18 to 64 years (21.6%) reported having no health care coverage.
- Among adults in this area, 18.6% did not have a personal doctor or health care provider. Men in the Panhandle (28.7%) were significantly more likely than women (9.4%) to state that they had no personal doctor.
- One in eight adults in this area (12.1%) stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Seven out of ten adults in the Panhandle (70.7%) reported visiting a doctor for a routine checkup within the past year.
- The average distance from respondents’ homes to the closest emergency room (ER) was significantly higher in the Panhandle (10.0 miles) than the average for Nebraska.
- In this area, the average distance to the ER at which respondents preferred to receive care was nearly twice as far (19.3 miles). This distance is significantly greater than the statewide average.
- More than one-half of Panhandle adults (52.6%) reported no problems or barriers to getting medical care, other than cost.
- Among area residents who reported a problem getting medical care (other than cost), work (20.3%), long waits (14.1%), and not having insurance (14.4%) were mentioned most frequently.
- Panhandle residents most often cited a doctor (41.9%) as their primary source of information on health issues or illness. Family or friends (18.1%) and the newspaper (11.1%) were also mentioned frequently.

Cardiovascular Disease

- About one in eleven Panhandle adults (9.3%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.
- In this area, 30.3% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the Panhandle were much more likely to identify cardiovascular disease (84.4%) than they were to identify stroke (45.3%) as something untreated high blood pressure can lead to.
- The majority of Panhandle respondents (70.9%) had their cholesterol level checked during the last five years. Women in this area (68.2%) were significantly less likely to have a current cholesterol check than women statewide.
- Among area respondents who ever had their blood cholesterol level checked, 41.1% had been told it was high.
- During the past year, 18.5% of Panhandle adults were certified to perform CPR.

Diabetes

- Among Panhandle residents, 11.2% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

Cancer Prevention

- Three-fourths of Panhandle women aged 40 or older (74.1%) reported having a mammogram in the past two years.
- One-fourth of adults aged 50 or older in this area (24.9%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the Panhandle (48.1%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- One in ten adults in the Panhandle (10.0%) had ever been told they had asthma, while 7.9% currently have this disease.
- Women in this area (7.0%) were significantly more likely to have ever been told they had asthma than Nebraska women overall.

Overweight and Obesity

- Sixty-three percent of Panhandle adults (63.0%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Those with a Body Mass Index of 30 or higher were classified as “obese”—29.5% in the Panhandle.

Tobacco Use

- Twenty-one percent of adults in this area (21.0%) currently smoke cigarettes, either daily or on some days of the month.
- One-fourth of adults in the Panhandle (25.1%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in this area, 42.9% reported trying to quit smoking during the past year.
- Seven in ten adults in the Panhandle (71.8%) said they have rules prohibiting smoking anywhere in their homes. Among adults who work indoors most of the time, 93.5% stated that their workplace’s smoking policy does not permit smoking in any work areas.

Physical Activity and Sedentary Behaviors

- Among adults in the Panhandle, 28.5% did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 43.2% of area respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity.
- One-half of adults in the Panhandle (50.4%) reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

Nutrition

- Less than one-fourth of Panhandle respondents (22.9%) consumed fruits and vegetables the recommended five or more times per day.
- Altogether, 44.6% of Panhandle adults (44.6%) were knowledgeable about what “Five-a-Day” means.
- Less than one-fifth of area respondents (18.3%) reported consuming dairy products three or more times daily. Women in the Panhandle (12.1%) were significantly less likely than women statewide to consume dairy products this frequently.
- On average, Panhandle adults ate food from restaurants or fast food shops 1.9 times per week. Women in this area reported a significantly smaller number of times per week (1.5) when they ate out than women statewide.
- One-third of respondents (33.4%) rated foods at community events in the Panhandle as “always” or “almost always” healthy. However, the majority of respondents (59.6%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- Less than one-fourth of respondents (22.2%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

Alcohol Consumption

- In the Panhandle, 39.8% of adults reported consuming at least one drink of alcohol in the past 30 days. Women in the area (29.1%) were significantly less likely than women statewide and than men in the Panhandle (51.7%) to have consumed alcohol in the last month.

Injury

- Fifteen percent of adults in the Panhandle (15.0%) said they had fallen in the past three months. Of those who had fallen, 37.3% were injured by the fall.
- The majority of Panhandle respondents (83.5%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 45.1% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle.

Immunization

- Among Panhandle residents aged 18 and older, 34.0% got a flu vaccination during the past year.

Oral Health

- Nearly two-thirds of Panhandle adults (64.4%) saw a dentist or visited a dental clinic in the past year.

Women’s Perceptions of Health Threats and Causes of Death

- Four out of ten women in this area (39.3%) identified cancer as the leading health problem facing women today.
- Only 9.3% of women in the Panhandle consider heart disease or heart attack the leading health problem facing women today. However, 43.1% identified heart disease/attack as the leading cause of death for all women. Both of these rates are significantly lower than rates for Nebraska women.

Social Context

- Few Panhandle adults (5.8%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 13.6% of area respondents reported it is “somewhat” or “very unsafe.”

Panhandle Public Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	474	21.1%	Non-Sig	158	22.0%	Non-Sig	316	20.3%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	463	4.7	Non-Sig	153	4.7	Non-Sig	310	4.8	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	466	3.5	Non-Sig	156	3.2	Non-Sig	310	3.8	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	238	5.5	Non-Sig	68	7.1	Non-Sig	170	4.3	Non-Sig	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	296	21.6%	Non-Sig	95	21.4%	Non-Sig	201	21.8%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	474	18.6%	Non-Sig	158	28.7%	Non-Sig	316	9.4%	Non-Sig	Yes
3. Needed to see a doctor in past year but could not because of cost	473	12.1%	Non-Sig	157	7.2%	Non-Sig	316	16.7%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	464	70.7%	Non-Sig	155	65.7%	Non-Sig	309	75.4%	Non-Sig	No
5. Average distance in miles from home to the ER closest to home	469	10.0	Higher	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	446	19.3	Higher	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	471	52.6%	Non-Sig	157	57.8%	Non-Sig	314	47.9%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	206	1) Work (20.3%)		2) No Insurance (14.4%)		3) Long Wait (14.1%)		(Other= 23.6%)	
	Men	53	1) Time/Distance (20.7%)		2) Work (15.7%)		3) Transportation (12.0%)		(Other= 34.8%)	
	Women	153	1) Work (23.6%)		2) No Insurance (22.0%)		3) Long Wait (16.8%)		(Other= 15.3%)	
9. Primary source for getting information on health issues or illness										
	Overall	463	1) Doctor (42.0%)		2) Family/Friends (18.1%)		3) Newspaper (11.1%)		(Other= 2.4%)	
	Men	150	1) Doctor (43.0%)		2) Family/Friends (19.7%)		3) Newspaper (11.6%)		(Other= 2.9%)	
	Women	313	1) Doctor (41.1%)		2) Family/Friends (16.7%)		3) The Internet (12.4%)		(Other= 2.1%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	466	9.3%	Non-Sig	155	11.6%	Non-Sig	311	7.1%	Non-Sig	No
2. Ever told blood pressure was high	472	30.3%	Non-Sig	157	31.0%	Non-Sig	315	29.6%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	475	45.3%	Non-Sig	158	41.1%	Non-Sig	317	49.2%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	475	84.4%	Non-Sig	158	83.9%	Non-Sig	317	84.8%	Non-Sig	No
5. Had cholesterol checked during the past five years	455	70.9%	Non-Sig	153	73.8%	Non-Sig	302	68.2%	Lower	No
6. Ever told cholesterol was high, among those who had ever been screened	378	41.1%	Non-Sig	133	46.8%	Non-Sig	245	35.5%	Non-Sig	No
7. Were CPR certified during the past year	472	18.5%	Non-Sig	157	17.5%	Non-Sig	315	19.4%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	475	11.2%	Non-Sig	158	14.9%	Non-Sig	317	7.8%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	241	74.1%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	292	24.9%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	294	48.1%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	474	10.0%	Non-Sig	158	13.3%	Non-Sig	316	7.0%	Lower	No
2. Currently has asthma	474	7.9%	Non-Sig	158	10.9%	Non-Sig	316	5.2%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	448	63.0%	Non-Sig	157	72.8%	Non-Sig	291	53.5%	Non-Sig	No
2. Obese (BMI 30+)	448	29.5%	Non-Sig	157	31.8%	Non-Sig	291	27.3%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	471	21.0%	Non-Sig	157	19.0%	Non-Sig	314	22.8%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	471	25.1%	Non-Sig	157	32.8%	Non-Sig	314	18.0%	Non-Sig	No
3. Current smokers who tried to quit during the past year	90	42.9%	Non-Sig	^	^	---	59	34.8%	Non-Sig	---
4. Smoking not allowed in home	471	71.8%	Non-Sig	156	71.1%	Non-Sig	315	72.3%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	174	93.5%	Non-Sig	^	^	---	132	91.6%	Non-Sig	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	475	28.5%	Non-Sig	158	25.7%	Non-Sig	317	31.1%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	438	43.2%	Non-Sig	152	40.3%	Non-Sig	286	46.0%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	456	50.4%	Non-Sig	153	60.1%	Non-Sig	303	41.3%	Non-Sig	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	474	22.9%	Non-Sig	158	16.4%	Non-Sig	316	28.8%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	475	44.6%	Non-Sig	158	38.9%	Non-Sig	317	49.8%	Non-Sig	No
3. Consumed dairy products three or more times per day	475	18.3%	Non-Sig	158	25.1%	Non-Sig	317	12.1%	Lower	No
4. Average number of times per week ate food from restaurants or fast food shops	467	1.9	Non-Sig	156	2.2	Non-Sig	311	1.5	Lower	No
5. Foods at community events were 'always' or 'almost always' healthy	473	33.4%	Non-Sig	158	35.0%	Non-Sig	315	32.0%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	471	59.6%	Non-Sig	157	58.4%	Non-Sig	314	60.6%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	472	22.2%	Non-Sig	157	16.9%	Non-Sig	315	27.1%	Non-Sig	No
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	474	39.8%	Lower	158	51.7%	Non-Sig	316	29.1%	Lower	Yes

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	474	15.0%	Non-Sig	158	20.9%	Non-Sig	316	9.6%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	70	37.3%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	473	83.5%	Non-Sig	157	77.2%	Non-Sig	316	89.3%	Non-Sig	No
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	79	45.1%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	472	34.0%	Non-Sig	156	35.2%	Non-Sig	316	32.9%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	464	64.4%	Non-Sig	153	60.7%	Non-Sig	311	67.8%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	316	39.3%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	316	9.3%	Lower	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	315	43.1%	Lower	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	472	5.8%	Non-Sig	156	7.8%	Non-Sig	316	4.1%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	472	13.6%	Non-Sig	157	14.4%	Non-Sig	315	12.8%	Non-Sig	No

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

[^] Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005